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**TO HALIFAX
VIA EUROPE
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Tuesday, November 23, 2010
www.metronews.ca



News worth sharing.

No tanning till your 19th birthday: Bill

► Legislation aims to prevent province's estimated 150 tanning salons from serving under-19s ► Health minister hopes bill will reduce use, publicize dangers of tanning beds ► Industry will be consulted: MacDonald



ALEX
BOUTILIER
@METRONEWS.CA

The province is aiming to ban the use of tanning beds by Nova Scotians under the age of 19.

Health Minister Maureen MacDonald in-

roduced legislation last night that, if made law, would restrict the use of tanning beds to adults 19 and up.

In addition, operators would be required to display signage outlining the negative health effects of tanning, such as skin cancer.

"This legislation is aimed at our youth in

the same way that we have tobacco legislation, for example," MacDonald told reporters yesterday.

MacDonald said the department doesn't have hard data on how many youth in the province use tanning beds, but that it estimates there are approximately 150 tanning-bed operators provincially.

Violators could be fined up to \$2,000 for a first offence. The fine would jump to \$5,000 for a second and to \$10,000 for a third or repeat offence.

Maureen Summers, CEO of the Canadian Cancer Society's Nova Scotia branch, applauded the legislation, calling it "an important step in cancer prevention."

Lebanese. Celebration



► Firsan Al-Arz dancers wave Lebanese, Nova Scotian and Canadian flags during a performance at the Diman Lebanese Centre last night.

RYAN TAPLIN/METRO

Celebrating Lebanon's 67th Independence Day

World news

Rescuers battle hard rock, clock

► Officials acknowledge time may have run out for New Zealand's trapped 29 {page 6}

Read his lips: No new spending

Finance minister promises thrifty federal budget {page 9}



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See O'Regan's Dartmouth Hyundai for details.

Not all bands corrupt: N.S. chief



► Lawrence Paul, chief of the Millbrook Band, said Millbrook politicians aren't getting extravagant salaries.

A report of "jaw-dropping" pay cheques being received by Canada's native chiefs and councils does not apply to the Millbrook Band, Chief Lawrence Paul says. "Some chiefs get fantastic salaries but then they paint us all with the same brush like we're all crooked," Paul said, regarding figures released by the Canadian Taxpayers Federation (CTF) yesterday. "I know my people in Millbrook are not getting

extravagant salaries like that. We wouldn't be in office because they wouldn't put up with it."

The CTF said the information reinforces the federation's call for greater transparency of reserve politicians' pay levels and the need for reform.

"The numbers confirm what we've been saying all along," CTF prairie director Colin Craig said in the report.

"Many reserve politi-

cians are paying themselves exorbitant salaries while keeping their band members and taxpayers in the dark. This is exactly why we've been calling for transparency and reform."

Craig said that the data "shockingly" reveals that one band councillor at a reserve in Atlantic Canada, with a population of 304 residents, was paid \$978,468 tax free in 2008-09.

TRURO DAILY NEWS



At NSCC, it's now easier being green

RYAN TAPLIN/METRO

► New building provides first-hand experience with green technology

The renewable-energy-powered lights came on at the Nova Scotia Community College's Centre for Built Environment yesterday.

Premier Darrell Dexter joined NSCC acting president Don Bureaux to officially unveil the new wing yesterday. The NSCC's Waterfront Campus can now accommodate 2,600 full-time and 2,500 part-time students.

"This centre is an example of what is possible for our province when everyone comes to the table with the same goal," said Dexter.

"The goal was to create a leading edge educational facility where students, faculty, and industry partners could work together to develop sustainable solutions for our built environment."

The CBE is being touted as a "living learning and research lab." The state-of-the-art facility will be cooled

"Students will be able to look at how efficient (an existing technology is) compared to the subsequent technologies."

ABID AHMED

and partially heated by geothermal energy, its power augmented by solar panels and small wind turbines.

Abid Amhad, chair of mechanical and industrial technologies at the Waterfront Campus, said students will have the unique experience of learning by actually working on the building they work in. For example, students of the heating, ventilation and air conditioning program will work on the building's HVAC systems under staff supervision. ● ALEX BOUTILIER



► Abid Ahmed, academic chair of mechanical and industrial technologies at the NSCC Waterfront Campus, in front of an evacuated tube solar power unit yesterday.

Guilty plea in infant assault

A 21-year-old man changed his plea to guilty yesterday to a count of aggravated assault on an infant. The man, whose identity is banned from publication, entered the guilty plea on what was to be Day 1 of a two-week trial.

Hazen Brien, defence counsel, told Judge Carole Beaton of the man's intentions and requested a pre-sentence report following the change of plea.

Sentencing

The man will return for sentencing on Jan. 4, 2011, at 9:30 a.m.

He was arrested on Nov. 30, 2009, after a four-month-old child sustained life-threatening injuries that were suspicious in nature. The accused was known to the child and child's family at the time,

but was not related.

Following his arrest, he was released on a recognizance in the care of his mother. He had part of his conditions varied yesterday, allowing him to be in the province of Nova Scotia, in the company of his mother, to visit family. The conditions previously permitted him into the province for legal counsel, court appearances and medical treatment. AMHERST DAILY NEWS

News in brief

Laffin appears in court

TRIAL. A court appearance by a man accused of murdering a sex-trade worker was adjourned yesterday.

Steven Elliot Laffin, 36, is facing a second-degree murder charge for allegedly killing Nadine Taylor, 29. Laffin has been at the Central Nova Cor-

rectional Facility in Burnside since August in relation to an incident with a different sex-trade worker. He'll be back in court Dec. 17. ● ALY THOMSON

McLachlan set to come home

MUSIC. Singer-songwriter Sarah McLachlan will rock the Halifax Metro Centre on March 22, 2011. Tickets go on sale this Saturday.

● ALY THOMSON



News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
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On the web at metronews.ca



Allan Small tells investors why guaranteed investments may not be as sound as they seem. More at metronews.ca/investing

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Bolivia welcomes U.S. official with a stern lecture on U.S. behaviour. Scan code for the story.

Deputy arrested for bail breach

- Tyrone David stands accused of smuggling drugs into jail in 2009
- Bail conditions limit him to his home between 11 p.m. and 6 a.m.



ALY THOMSON
HALIFAX@METRONEWS.CA

A Nova Scotia sheriff's deputy accused of smuggling drugs into jail was

arrested Sunday evening for breaching his release conditions.

Tyrone David, 41, arrived at his home on St. Margret's Bay Road in Lakeside about 30 min-

utes after his curfew, said RCMP spokesman Cpl. Scott MacRae.

"The officers made a patrol to his residence and Mr. David wasn't home. A short time later

... he came home and was arrested," said MacRae.

Under the conditions of his bail, David is to remain in his residence between 11 p.m. and 6 a.m.

David was a provincial deputy sheriff in October 2009 when he was arrested after investigators said they observed an alleged drug transaction.

Kathleen Kierans, noted at the time as the girlfriend of infamous criminal Jimmy Melvin Jr., was also arrested and charged.

Police said Kierans allegedly handed off drugs to David in the parking lot of a strip mall on Pleasant Street in Dartmouth.

David is facing three counts of conspiring to commit an indictable offence, three trafficking charges, 12 charges of possession for the purpose of trafficking, one breach of trust of a public officer and one charge of bribery of an officer.



► Former sheriff's deputy Tyrone David, right, seen here in this file photo from Dartmouth provincial court earlier this month, was arrested on Sunday night and charged with breaching his release conditions.

N.B. finance minister warns \$1B debt possible

New Brunswick's finance minister issued a dire warning yesterday, saying that unless the government gets spending under control, the annual provincial deficit could hit a billion dollars as early as next year.

"Our fiscal circumstances are unprecedented and simply unsustainable," Blaine Higgs told members of the Saint John Board of Trade during a luncheon speech.

"We need to spend smarter and create new efficiencies so we can do more with less. We need practical and creative thinking, not creative accounting."

Higgs said every government program will be examined and weighed on the basis of whether it's needed.

Every government department has already been asked to find ways to cut spending by one per cent this year and at least two per cent in each of the next three years.

On Friday, Higgs said the deficit for the current fiscal year is expected to exceed \$800 million. The debt is forecast to hit \$9.5 billion next year.

Higgs said changes must be made to the health-care system so that greater preventative care and home care helps reduce demands on hospitals and nursing homes.

Higgs said the province's Tory government will also take a close look at the growing costs of education and transportation.

But he said the fiscal challenges aren't always

"If action isn't taken now, the people who will pay, and pay dearly, will be our seniors and future generations who will have less, not more, health services."

NEW BRUNSWICK FINANCE MINISTER BLAINE HIGGS

within control of the provincial government, such as federal transfers, which amount to 41 per cent of New Brunswick's total revenue. Those transfer payments that help pay for health care and education are up for renewal in 2014.

"And you can be certain that, federally, they are dealing with their own fiscal pressures," Higgs said.

Higgs has begun pre-budget consultations.

A questionnaire has been posted on the Department of Finance website to gather input, and Higgs said he will hold a series of public meetings early in the new year.

The new Conservative government made a campaign promise to return to balanced budgets in four years, but Higgs said action to reduce the gap between revenue and spending must begin now.

In October, international bond-rating agency Standard & Poor's Corp., downgraded the province's economic outlook from stable to negative.

THE CANADIAN PRESS

Christmas Island naturally feeling the holiday crunch

The holiday crunch is on at Canada Post locations across the country, and perhaps no post office feels it more keenly than in the rural Cape Breton community of Christmas Island.

There, thousands of letters and packages are sent each Christmas season by people looking to have their holiday mail stamped with the distinctive and festive Christmas Island post-

mark.

"They come from all over Canada, we get them from the States, we get them from several countries around the world. A lot of stamp collectors and that, like to get the postmark for Christmas," said Christmas Island postmistress Hughena MacKinnon.

"We usually do in the vicinity of 10,000 Christmas cards per season hand-stamped with our postmark, and that's just the cards alone, not packages and parcels and everything

else. Usually, our busiest day, we do about 1,000 per day, when (Christmas) gets close in December."

MacKinnon said some people send just one or two letters to be postmarked while others send bundles of up to 100 to receive the Christmas Island postmark.

Other people stop in personally at the small post office with their holiday mail.

"The customers that we have, have a lot of Christmas spirit and they're always in a good mood mailing their letters, and hoping to just add that little

Address

To get the Christmas Island postmark on your mail, send your addressed cards with proper postage in a larger envelope to:

► Christmas Island Post Office
Grand Narrows Highway,
Christmas Island, N.S.,
B1T 1A0.

extra smile to the envelope," said MacKinnon.
CAPE BRETON POST

It's in the name for navy: Senator

A Newfoundland and Labrador Senator wants to bring back the Canadian Navy.

Senator Bill Rompkey appeared before the Senate standing committee on security and defence yesterday hoping to change the official structural name of the Navy from "Maritime Command" to the "Canadian Navy."

"Officially, legally, we'll be calling it what it is," Rompkey told Metro yesterday.

"The Canadian Navy has been called the Canadian Navy for many years now

but that's not how it is officially known."

The committee will deliberate the motion and report back to the Senate. Rompkey said he's hoping the name change will be implemented before the end of the year, which is also Canada's Naval Centennial.

Rompkey said in 1968, unification combined the Canadian Navy, Army and Air Force under the banner the Canadian Forces. He said the three divisions of the military were renamed, and Canada's Navy became the Maritime Command, "which means absolutely nothing to anybody, including the general public."

He said the switch will restore the name of Canada's Navy and look forward to the future.

● **ALY THOMSON**



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Need a flexible, tax-free savings solution? Try a TFSA.



By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to \$5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals. While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs),

TFSA earnings grow tax-free and account holders can withdraw funds at any time

for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age

Security or Guaranteed Income Supplement.

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to \$10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions. So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

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For what matters.

Breakdown delays mine rescue effort

► Mechanical issues hamper attempt to locate missing miners ► No confirmation of survival yet

The bid to rescue 29 New Zealand coal miners trapped underground by a massive gas explosion ran into more problems today as a mechanical robot broke down inside a tunnel and hard rock layers slowed progress on drilling to test the air.

Police Supt. Gary Knowles said the army robot sent in to transmit pictures and assess toxic gas levels was damaged by water and is out of commission. Authorities were urgently seeking other such robots from West Australia and the U.S. to replace the broken one, Knowles said.

"I won't send people in to recover a robot if their



lives are in danger," he said. "Toxicity is still too unstable to send rescue teams in."

Making matters worse, the drilling team boring in to the mine tunnel had hit

"very hard rock" overnight, Knowles said.

The police superintendent's statements came as rescuers waited impatiently for a chance to test whether air quality underground was safe enough for them to go in to pull out the miners, who have been trapped for nearly five days.

Family members have expressed frustration with the pace of the response as officials acknowledge it may be too late to save the miners, who have not been heard from since a massive explosion ripped through the Pike River Mine on the country's South Island on Friday.

THE ASSOCIATED PRESS

Toronto. Sex laws



AARON VINCENT ELKAIN/THE CANADIAN PRESS

Court considers prostitution law

Bowing to speculation that Canada will be plunged into a wild social experiment in prostitution if a landmark court ruling stands means turning a blind eye to violence against sex-trade workers, court heard yesterday. It's now up to an Ontario Appeals Court judge to decide if what amounts to decriminalized prostitution should come to the province, as another judge ruled, or if the ruling should be put on hold to allow Parliament to craft stop-gap measures.

Don't allow polygamy, B.C. warns judge

A lawyer for the British Columbia government is warning a judge that declaring polygamy a protected religious practice would make Canada the only Western country to allow multiple marriages.

The British Columbia Supreme Court is examining whether banning polygamy violates the Charter of Rights and Freedoms in a case that will focus on the small polygamous community of Bountiful, B.C.

Craig Jones, a lawyer for the province, says he'll present expert evidence suggesting the decline of polygamy has been "inextricably entwined" with the growth of Western democracy and equality-based societies.

Jones says all forms of polygamy contribute to the discrimination of women and the sexualization of young girls.

He says that during the hearing, the court will



hear evidence that polygamy in Bountiful and other fundamentalist Mormon communities in the United States leads to child brides, teen pregnancies and the trafficking of young girls.

The B.C. government asked the court last year to decide whether Canada's polygamy laws are constitutional after repeated failures to prosecute the two leaders of Bountiful.

THE CANADIAN PRESS

No TV

► A B.C. Supreme Court judge has turned down a CBC application to televise proceedings at a hearing to determine the constitutional validity of Canada's polygamy law.

► Before opening statements from the Crown began in Vancouver, the court heard an application calling for the right to broadcast the proceedings, which would be a first in B.C.

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► A crowd of Cambodians is pushed onto a bridge on the last day of celebrations of a water festival in Phnom Penh yesterday.

Cambodian fest marred by deadly stampede

► Celebration in capital city dissolves into chaos on final day ► Hundreds reported dead and injured

Thousands of people stampeded during a festival in the Cambodian capital yesterday, leaving more than 345 dead and hundreds injured in what the prime minister called the country's biggest tragedy since the 1970s reign of terror by the Khmer Rouge.

Some in the panicky crowd — who were celebrating the end of the rainy season on a sliver of land in a river — tried to flee over a bridge and were crushed underfoot or fell over its sides into the water.

Ambulances raced back and forth between the river and the hospitals for several hours after the stampede.

Calmette Hospital, Phnom Penh's main medical facility, was filled to capacity with bodies as well as patients, some of whom had to be treated in hallways. Many of the injured appeared to be badly hurt, raising the prospect that the death toll could rise as local hospitals became overwhelmed.

Hours after the chaos,

Pushed to panic

Authorities estimated over two million people would come to Phnom Penh for the three-day festival to see boat racing.

► The last race ended early yesterday evening, and the panic started later on Koh Pich — Diamond Island — a long spit of land wedged in a fork in the river where a concert was being held.

► The panic began when about 10 people fell unconscious in the crowd. The chaos led to a stampede, with many people caught underfoot.

► A witness described the scene as "bodies stacked on bodies."

the dead and injured were still being taken away from the scene, while searchers looked for bodies of anyone who might have drowned. An Associated Press reporter saw one body floating in the

river, and hundreds of shoes left behind on and around the bridge.

Prime Minister Hun Sen, in his third post-midnight live television broadcast, described the chaos as the biggest tragedy to strike his country since the communist rule of the Khmer Rouge, whose radical policies are blamed for the deaths of 1.7 million people during the 1970s.

He ordered an investigation into the cause of the stampede and declared Thursday would be a national day of mourning. Government ministries were ordered to fly the flag at half-staff.

Cambodia is one of the region's poorer countries, and has an underdeveloped health system, with hospitals barely able to cope with daily medical demands. Koh Pich used to host a slum community, but in recent years the poor have been evicted to make way for high-rise and commercial development, most yet to be realized.

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MOM AND DAD, IS THAT REALLY YOU?

She says ...

**JESSICA
NAPIER**



I hate to admit it, but my parents are 100 per cent cooler than me and they always have been.

I have a beautiful retro photograph of a 24-year-old version of my mother wearing high-heel clogs posing against a motorcycle somewhere off the 101 freeway in California. Every time I look at it I wonder, who is that hot young thing and why the hell did she throw away those gorgeous shoes? All of the old Polaroids of my long-haired, short-short wearing father evoke the same sort of reaction.

Are these people really my parents?

As children it's hard to imagine, but the older we get the more we come to realize that,

yes, mom and dad did have a life before we came along, and it was pretty awesome.

As I rummage through the photo albums of my parents' past I can't help but feel nostalgic for them and also a little bit guilty. Am I responsible for turning these freewheeling, cowboy-boot wearing flower children into responsible adults with a mortgage and a minivan?

Crowd-sourced photo blog myparentswereawesome.tumblr.com/ celebrates the lives of moms and dads before the house in the suburbs and the sensible footwear. Creator Eliot Glazer asks contributors to submit photographs of

"parents when they were super-awesome." The result is a beautifully curated collection of weathered images that feature feathered hair, outrageous fashions and plenty of oversized glasses.

"Theirs was a passionate generation that embraced recreational drug use, free love and real political activism."

Growing up in the '60s and '70s, our parents couldn't help being hip. Theirs was a passionate generation that embraced recreational drug use, free love and real political activism. They had better music, bet-

ter clothes, better facial hair (outstanding Movember 'staches aside) and probably a lot more fun.

What do we have? Sky-high rent, digital friendships and bed-

bugs.

To this day I know my parents still are a little bit cooler than I'll ever be (even though they still own that minivan). I'm pretty sure that had we been the same age in their youth they wouldn't have even hung out with me. Back then they were rebellious hippies that travelled the world. Today, they're just greying versions of those same adventurous people.

I did eventually get myself a pair of clogs. I thought they were pretty great. When I showed them to my mother she just rolled her eyes and laughed, "Those are nice darling, but I had the originals."



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Sink your teeth into this

Worth mentioning

With their pointy teeth and fearsome reputations, sharks may not be the best poster child for species in danger, but environmentalists say the predators are in dire need of protection.

Marine experts and conservation groups hope an Atlantic conservation conference in Paris this week will bolster what they say are disastrously inadequate rules on shark capture.

Conservation group Oceana wants delegates to toughen the existing ban on shark-finning — the practice of slashing prized fins off the animals and tossing them overboard to

Disappearing act



die — as well as prohibiting the capture of some threatened Atlantic sharks and setting catch limits for others.

Conservation groups say the rise of Asia's middle class, combined with the continent's penchant for pricey shark fin soup, a traditional delicacy, has turned sharks into a lucrative target.

"It's time the world looks at sharks and starts to set serious measures to save them, otherwise these creatures that have been around since before the time of the dinosaur will quickly go the way of the dinosaur," said Matt Rand, director for global shark conservation at the Pew Environment Group.

THE ASSOCIATED PRESS

Is 3-D just another fad or here to stay?

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Metro Minute with Johnny Reid

Halifax may be the last stop on Johnny Reid's cross-country tour, but it's sure to be one of the best.

The sold-out show at the Halifax Metro Centre will be taped for an upcoming PBS TV special showcasing his A Place Called Love tour. "My goal is to have people walk in to a show and, if they don't believe in a place called love at the

beginning, to make sure they do by the end," Reid said on his website.

This is the second time in three months Reid has rocked a Halifax audience. Only three months ago, the award-winning Canadian singer-songwriter was in town for Country Rocks 2010 on the Halifax Common. The show starts at 8 p.m. tomorrow. ● METRO



▶ Johnny Reid will play at the Halifax Metro Centre tomorrow at 8 p.m.

CONTRIBUTED

Tax cuts in store for 2011

► Future investment of \$49 billion and 233,000 new jobs predicted

Ottawa will continue to cut business taxes to spur job creation, but plans no major new spending programs in the coming budget as it tries to tame the deficit, says Finance Minister Jim Flaherty.

In a speech yesterday, Flaherty said the federal government will move ahead with plans to reduce taxes for small and medium-sized businesses next year, part of legislation passed in 2007.

"To increase taxes on businesses now, as some of our opponents are proposing, would put hundreds of thousands of jobs in jeopardy at a time when our economy remains

Spending plan?

The 2011-12 federal budget is expected in late February or early March.

- Ottawa will begin to pare down its deficit beginning this year with spending restraint and the elimination of waste.

fragile," the minister told the Oakville Chamber of Commerce as he continued a series of pre-budget consultations.

In Montreal, federal Conservative MP Maxime Bernier predicted that Flaherty will table a tough budget early next year.

"The next budget will be a tough budget, it will be a conservative budget," said Bernier, who has been generating attention in recent months for what some call his near-libertarian economic views.

"We will cut spending in the next budget and (we can) be sure that we will balance the budget as soon as possible," Bernier said in an interview after a speech to the Montreal Economic Institute.

THE CANADIAN PRESS

Web. Downloading



► Netflix CEO Reed Hastings is betting that DVDs will soon go the way of the VHS tape.

PAUL SAKUMA/THE ASSOCIATED PRESS

DVD to become obsolete?

Netflix shares soared yesterday after the U.S. video rental giant announced a subscription plan for unlimited streaming of movies and television shows over the web that does not require signing up to rent and receive DVDs by mail.

\$1B case against Shoppers Drug Mart

Shoppers Drug Mart Corp. says it's being sued for \$1 billion by two of its licensed associate-owners, who are

alleging breach of contract by the Toronto-based pharmacy company.

Shoppers announced few details of the alleged infractions except to say the plaintiffs, who are seeking class-action status, claim Shoppers collected or kept money or benefits beyond what was contractually permitted. THE CANADIAN PRESS

Market moment

Oil



- 24¢ US
(\$81.74 US)

TSX



- 27.32
(12,929.01)

Dollar



+ 0.05¢
(98.28¢ US)

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(+ 10.7¢)
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contracts
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2

scene

Nickelback



Chad Kroeger and Nickelback were among the big winners at the Society of Composers, Authors and Music Publishers of Canada awards yesterday. They won for the songs Gotta Be Somebody and If Today Was Your Last Day. Other winners at the annual awards included Johnny Reid, The Road Hammers, George Canyon, Doc Walker and Great Big Sea. Spirit of the West was presented with the National Achievement Award for its career.

METRO



Inside the Disney Vault: Epic Mickey video game draws on Disney history



► Mother Gothel, voiced by Donna Murphy, left, and Rapunzel, voiced by Mandy Moore, are shown in a scene from the animated film, Tangled.

A Disney princess-sized dream: Moore

► In animated movie, her character Princess Rapunzel is much more than the damsel in distress, Mandy Moore says ► Rapunzel story has a feminist streak



METRO WORLD NEWS IN HOLLYWOOD

The classic tale of Rapunzel gets reincarnated once again in Tangled, Disney's 50th animated feature. Renamed because the studio felt last year's The Princess and the Frog would've fared better had it not had the word Princess in the ti-

tle, Tangled infuses the classic story with a strong feminist streak, with former pop-star Mandy Moore taking on the lead role.

"You can't get more classic than being part of a Disney animated film," Moore says. "For me, that's something I'll have in my back pocket for the rest of my life and I feel so honoured, so lucky, to think this film will be around

"To be a Disney princess in a Disney film, it has been a total dream come true."

MANDY MOORE, TANGLED

long after I'm gone."

And it wasn't just career bragging rights that drew Moore to the project. "I loved having the opportunity to portray a young

woman who is so fearless," she says. "She's not a victim, she's not naive; she's open and warm, engaged and spirited and ready to embrace the unknown, whatever comes her way. What I knew about Rapunzel was the sort of damsel in distress who lets down her hair so the prince can save her, and our story kind of flips that on its head."

Moore facts

Disney's 50th animated feature showcases Mandy Moore as Rapunzel.

► Pop hits

Moore launched to fame in the late 1990s after releasing pop album I Wanna Be with You.

► Background

Born Amanda Leigh Mandy Moore on April 10, 1984, in Nashua, N.H.



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Feist set to record her fourth album

Leslie Feist says she's heading into the studio this winter to record her long-awaited fourth studio album, but declined to provide any further details on the new material during a public appearance in Toronto on Sunday.

Speaking at a packed question and answer session at the Royal Ontario Museum following the Toronto premiere of her documentary *Look at What the Light Did Now*, Feist seemed reluctant to discuss her first album of new material since 2007's Grammy-nominated breakout hit, *The Reminder*.

"That's like asking what colour my underwear are," she responded when host George Stroumboulopoulos asked how many new songs she had written. "I would rather just remain silent."

After the CBC-TV host persisted, she added: "Yes, of course I'm going to make a record this winter."

The news was greeted with cheers from the 400-plus fans who attended the premiere, a group that included Barenaked Ladies drummer Tyler Stewart and Juno-nominated singer/songwriter Howie Beck.

THE CANADIAN PRESS

A lesson through a tale of violence



METRO WORLD NEWS IN HOLLYWOOD

Billy Bob Thornton isn't exactly pleased with what's been coming out of Hollywood lately — to put it lightly.

"In our current state of affairs, especially in the entertainment business, we're living in a time when we're making — in my humble opinion — the worst

movies in history," Thornton says.

"They're geared toward the video game-playing generation. And these video games, which I'm on my son about constantly, these games are people killing for fun, and I think traditionally in

- ▶ Billy Bob Thornton stars as a flawed cop out for revenge
- ▶ Says movies today made for video game generation

"Most movies are about vampires and 3-D or fantasy movies and war eagles and all these kinds of things, or whatever they are."

BILLY BOB THORNTON,

movies there's always been some kind of lesson in the violent movies."

It's that idea of a lesson that drew him to his latest film, *Faster*, a violent tale of an ex-con (Dwayne Johnson) on a bloody quest for revenge against the people who set him up. Thornton stars as a heavily flawed cop on his trail. "This movie doesn't say, 'Oh, here's this fun guy and we're going to do this tongue-in-cheek character right out of a video game who likes to destroy things' and all this kind of thing."

"This movie actually shows what prisons create, what murder creates. It shows this perpetual, violent string of events," he says.

Thornton's character, simply named Cop in the film, has plenty of issues, including drug problems and an ex-wife threatening to strip him of custody to their son.

"One of the flaws in most commercial action movies is that the characters are usually not very developed," Thornton says.



▶ Billy Bob Thornton says he is not happy with the films coming out of Hollywood.

"A lot of times you'll have the movie-star hero and then some bad guys who are just there to be killed by the hero, and they're nameless, faceless people. And as a result, you're usually not afraid of them because you don't see them ask somebody to pass the salt, you don't see them with their kids."

Another aspect that drew him to *Faster* was the lack of computer effects,

giving the film an almost retro feel.

"But this movie did not rely on computers and things like that. People are saying it was like a '70s movie. It kind of is. It does have a contemporary feel because of the editing and all this kind of stuff, the sound design."

"But, at the same time, it is a real movie. If we're chasing each other down a hallway, it's a hallway."

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► Miss Middleton lets it be known: There will be no Princess Katy

Now that she's engaged to Prince William, Kate Middleton is reportedly losing the nickname and going by Catherine, according to Us Weekly. And it's not a request that came from

William's royal family. "This was not a request by any officials or the Palace. It's a concerted effort from Kate to be taken more seriously," royals expert Katie Nicholls tells

the magazine.

"It also dumps the stupid 'Waity Katy' nickname. "'Waity Catherine' doesn't have quite the same ring to it."

● METRO



► Kate Middleton and her Prince.

Celebrity tweets



Pink
[@Pink]
Hahahaaa-
hahaaaaa I
can't believe
people are
mad

because I don't think Sarah Palin should be in the rock n roll hall of fame..



Jessica Alba
[@jessica alba]
Getting some
Xmas shop-
ping done -
what are ur

fav eco gifts 4 kids?
Women? Men?



Ben Stiller
[@RedHour Ben]
Shooting on a
rooftop in—
Queens. An-
other beauti-
ful day. But it is getting
colder by the minute...

Split hard on Cox's daughter Coco

While her marriage to David Arquette has been going through a very public meltdown, Courteney Cox has been putting on a brave face, her Cougar Town co-star Josh Hopkins tells People magazine.

He says the hardest part of the public attention has

been Cox's daughter, Coco, noticing. "The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courteney took Coco to school," Hopkins says.

● METRO

Talking points

Just the wrong song

PAINFUL? Miley Cyrus performed her song Forgiveness and Love, at the American Music Awards, but it's not what she was

reportedly planning to sing. "For a while she'd been planning to do Every Rose Has Its Thorn, but then a few days ago

she switched it," a source says.

Perhaps not coincidentally, Every Rose Has Its Thorn is a cover of a song by Bret Michaels' band, Poison — and Michaels was rumored to be at the centre of Cyrus' parents' divorce.

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3 life

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on getting ready for the big day:

1 Exercise: any form of physical activity will clear your head and make you feel better.

2 Eat Right: eliminate simple sugars and sodium before the big day to avoid feeling bloated.

© METRO WORLD NEWS



Darvon maker to withdraw painkiller after evidence of heart risks: US agency



► A personal trainer to the stars explains how you can look your best on the big day ► If it worked for Penelope Cruz, it may work for you



ROMINA MCGUINNESS
WELLNESS@METRONOVS.CA
METRO WORLD NEWS IN LONDON

"Your wedding is your big day, your moment to shine in front of your friends and family, you'll want to look your best," explains Gunnar Peterson, personal trainer to celebrities including Jennifer Lopez and Penelope Cruz.

Everything becomes magnified on your wedding day. Emotions become more intense and every fat bulge, is meticulously captured on high-def camera.

"The quality of film is so good that every little imperfection is visible, from a wrinkle to a blemish.

The bride and groom can feel self-conscious."

If you're comfortable in your own skin, turn the page. But if you need a little change, read on.

Getting ready for the big day

Most people make time before their wedding to get into better shape.

"People work well to a deadline, so a set date is the first step," says Peterson, who also believes that working towards a goal makes things more achievable. "Once you know you have six months to lose say ten or so kilos, you can devise a plan of action."

If you want quick results, make changes to your fitness regime and in-



► They will cherish this moment, and their abs, forever.

tegrate exercise into your day-to-day immediately. According to Peterson, you could even jump the gun. "A guy should start working out before he proposes and a girl should start working out as soon as she thinks the guy is about to propose."

Working it out

Treat your workout sessions as you would an appointment.

"Allow for an allocated time slot at a time of the day that you know works for you," says Peterson.

Think about what kind of body shape you want. Wedding clothes are figure

hugging so aim to develop longer, leaner limbs. Peterson gets his clients to combine cardio vascular moves with light weights for the best results.

"You want to be efficient combine 'big' moves such as squats and lunges with running or aerobics and weights to tone up and burn calorie," says Peterson.

"Make small changes, such as cutting out complex carbohydrates from your evening meal."

The reward?

"Eat cake at your wedding," says Peterson, "and have a glass of champagne to go with it."

Work it

How to get wedding fit

TWISTING LUNGE

► Stand with feet hip-distance apart, holding lightweights in each hand. Take a large step backward with your left foot. Turn around, pivoting your right foot to the left, so that the left foot is now facing forward. Lower the weights to the floor, being careful to keep your left knee in line with the ankle. Pivot back to the centre and repeat on the opposite leg.

SQUATS

► Stand with feet shoulder-width apart, holding your dumbbells by your sides. Imagine you're about to sit in a chair—keeping your back straight, slowly squat down until your thighs are almost parallel with the floor. Slowly push yourself back into a standing position and repeat.

REACHING LUNGE

► Stand with feet hip-distance apart, holding a light set of dumbbells. Take a step forward with your left foot. Reach down to tap the weights to the floor in front of your left foot. Keep your left knee over your ankle and your hips high. Your body weight should be on the front foot. Push off and come back to a standing position. Switch legs and repeat.

LUNGES

► Stand with feet hip-width apart, holding dumbbells by your sides. Take a normal step backward with your left foot, and then lower your hips until your right thigh is parallel to the floor. Push through back to the start position, then repeat.

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Moves for thought

► Study shows that doing the downward dog can lead to an upswing in your mood ► The practice of yoga linked to neuro-chemical changes ► Considered better than other activities



CELIA MILNE
WELLNESS@METRONEWS.CA

Depressed?

Anxious? Yoga might help.

A new study in Boston has found that yoga helps to improve mood more than walking does.

"Yoga has been shown to be helpful in a number of diseases associated with lifestyle choices, such as high blood pressure, obesity, diabetes, cancer, low back pain as well as depression and anxiety," says Dr. Chris Streeter from the division of psychiatry at Boston University school of medicine.

Streeter and his colleagues completed a study involving 34 healthy people, who were divided into two groups. Nineteen of the subjects did yoga and the other 15 walked.

The yoga group received

instruction on yoga poses for four weeks and then continued practising yoga regularly at home for another eight weeks.

The walkers walked for an hour three times a week for 12 weeks.

At the end of the study, scientists measured mood and anxiety in all subjects, and found that those who had been doing yoga had bigger improvements in mood than those who walked.

Researchers also measured levels of a neurotransmitter in the brain called GABA.

Low levels of GABA have been associated with depression and anxiety. In the study, yoga bumped up levels of GABA more than walking did.

Although Streeter does not recommend people on anti-depressants stop taking their meds in favour of yoga, he does think yoga is

a useful add-on.

"This study is important because it provided evidence that the practice of yoga is associated with chemical changes in the

brain that are consistent with the changes seen when people are treated with anti-depressants."

He also added:

"All forms of exercise

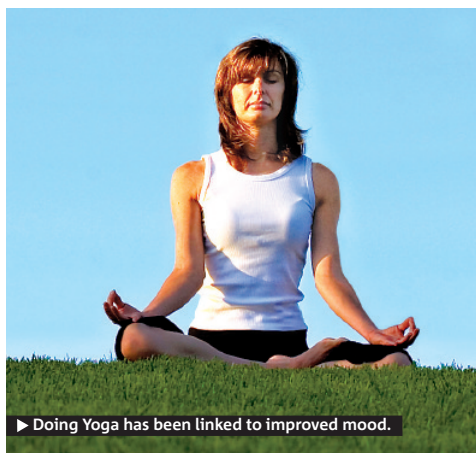
can be beneficial. The key is to do it."

The study was published in November in the Journal of Alternative and Complementary Medicine.

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► Doing Yoga has been linked to improved mood.

Yoga evolving fast

It used to be so simple. But yoga will never be the same again.

Journalists in India are tickled by how yoga has been seized and adapted by health-starved North Americans. The practice of yoga originated in ancient India and has roots in Hin-

duism. An article in the Hindustan Times marvels at how Westerners have Americanized yoga so that it now includes circus yoga, nude yoga, pre- and post-natal yoga, ball yoga, dog (yoga for dogs), acro yoga (acrobatics), and hip-hop yoga.



And now there's yoga where you hang in a sling attached to the ceiling: anti-gravity yoga.

● CELIA MILNE/METRO NEWS

Thoughts on... Belief

ADVICE Tensions rise within us when we believe a thought that is contrary to who we really are.

Anytime a thought enters your mind that creates tension or anxiety — stop and ask yourself — is this true?

Do I really believe this or am I accessing someone else's belief system about this particular situation and what it means?

Beliefs give meaning to situations in our lives.

Since most of us are not aware of our belief structures, we categorize events as being bad, awful, horrible, etc.

The next time tensions rise — who is reacting?

Who is believing? Who is interpreting the situation at hand?

You can apply this self inquiry to every situation in your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Breast cancer

Yoga can help women who have breast cancer.

► **They found:** Researchers in Singapore did a study of women who were undergoing radiation for breast cancer — surely one of the most stressful situations women face. They found that doing a yoga program was helpful in neutralizing psychiatric stress and DNA damage in these women who were affected. The study was published in 2007 in the journal Integrated Cancer Therapy.

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Shopping central

► Look no further than downtown Halifax for the best buys and treats of the 2010 holiday season

DOWNTOWN HALIFAX BUSINESS COMMISSION



► Shops along this block of Barrington Street are taking part in The Wish List holiday promotion.

JANE DOUCET
LIFE@METRONEWS.CA

You know that holiday shopping is in full swing in downtown Halifax when the seasonal retail promotions kick off.

Here are two popular ones taking place leading up to Christmas.

Shopping Under the Stars

The 11th annual Shopping Under the Stars event

means you can shop in the stores on and around Spring Garden Road till you drop — or at least until the doors close at 10 p.m.

With two nights of late-night buying — one that took place on Nov. 19, and the other happening on Dec. 10 — merchants will be offering discounts, tax-free breaks and contests.

If you get parched or peckish while you're

pounding the pavement, some stores will also be giving away mulled apple cider, cookies and other treats.

"Shopping Under the Stars is always popular because of the extended store hours and great deals leading up to Christmas," says Nancy Tissington, the executive director of the Spring Garden Area Business Association.

For a list of participat-

ing stores, visit shoppingunderthestars.ca or call 423-3751.

The Wish List: Win What You Wish For

Downtown Halifax is celebrating the holiday gift-buying season by encouraging people to take part in The Wish List: Win What You Wish For.

It's a contest created by the Downtown Halifax Business Commission to

encourage shoppers to visit downtown Halifax retailers and restaurants to find their perfect "wish gift."

Customers will take photos of what they'd like to get for Christmas at downtown businesses and restaurants.

They'll then post the images on downtownhalifax.ca for a chance to win up to \$200 toward their wish gift.

Launched on Nov. 20, in

time for the 15th annual Holiday Parade of Lights, the promotion runs until Dec. 21.

"The Wish List will encourage people to experience what downtown Halifax businesses offer for the holidays," says Ivy Ho, the business commission's communications director.

"When people visit the stores to find their wish gift, they'll be exposed to their unique offerings."

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► Satisfy your sweet tooth at the Freak Lunchbox candy store on Barrington Street.

Your downtown

The Downtown Halifax Business Commission represents the 1,800 businesses located between Halifax waterfront and Brunswick Street, and between the Cogswell Interchange and the south end of Barrington Street.

Spring Garden

The Spring Garden Area Business Association represents more than 300 shops on and surrounding Spring Garden Road. This geographic spot's claim to fame is that it's the busiest shopping district east of Montreal.



► Want Neptune Theatre tickets for Christmas? Take part in the Wish List contest and you could get them.

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TOM MASON
LIFE@METRONEWS.CA

There was a time in days gone by when shopping experiences didn't come in a big box.

It was a time when downtown thoroughfares like Halifax's Spring Garden Road and Barrington Street rang with the sounds of bustling shoppers.

Those days are returning, according to Ivy Ho, the communications director at the Downtown Halifax Business Commission.

According to Ho, Downtown Halifax offers something with which even the big-box stores can't compete.

"We're selling an experience," says Ho. "There's a different feel to downtown that you don't get at a shopping mall."

She points to a long list of new shops, restaurants and businesses that have been re-energizing the historic end of Barrington Street in recent years.

There are unique shops like Oddjects, which combines furniture shopping with a café, and a new wine bar, Obladee, which opened to rave reviews and a packed house in October.

The downtown core is even attracting a few businesses away from big-box land.

Tao The Adventure Outfitters is one of them.

Recently, the outdoor-equipment-and-clothing

store made the move from its location in the Bayers Lake Business Park to the historic Freemason building at the corner of Salter and Granville Streets.

It's now a tent pole away from its major competitor, Mountain Equipment Co-op.

Tao manager Ryan Donkersgoed says the move has been good for business.

"A lot of outdoor retailers congregate together," he says. "We become a destination for people looking for our type of products, and the competition isn't a bad thing."

"We co-operate with MEC by sending customers their way if we can't meet their needs, and they do the same for us."

Contemporary-furniture boutique Attica is a pioneer of the downtown revival.

It has been located in downtown Halifax since it opened 15 years ago.

Owner Suzanne Saul believes Barrington Street is a perfect fit for the trend-setting store.

"There's a real vibe to downtown," says Saul. "There's an experience that comes with shopping here that you don't get anywhere else."

"When tourists come to Halifax, the first place they head is downtown."

"Part of the appeal is our beautiful waterfront and the uniqueness of our businesses that attract them."



► Tao The Adventure Outfitters has benefited from moving to a downtown location.

Shop fashionably late.

Indulge in an unparalleled holiday shopping experience as Bishop's Landing stays open until midnight. Our unique and independently owned boutiques will help you find the perfect gift as you watch the moonlight glimmering off the Halifax waterfront. The East Coast Carolling Co. will also be on hand to serenade you with some holiday harmonies. It's not midnight madness – it's midnight magic.

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Brand new dimensions

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TOM MASON
LIFE@METRONEWS.CA

Along with the relaxing facials, pedicures and massages, patrons at Remedy Spa on Granville Street in Halifax can get something else: a very dry martini or maybe a nice Pinot Noir.

Remedy is the first spa in downtown Halifax with its own liquor licence, adding a whole new dimension to relaxation, according to co-owner Chris Saunderson.

"We offer a lot of unique services, like our self-serve facial bar.

"Our clients come in and tell us their skin care goals, then we show them how to do their own facials."

The spa experience is a great way to take a break

during a busy holiday shopping trip or at any time of the year, says Jocelyn Melanson of Spirit Spa on Salter Street.

It's also great pickup after a tough day on the job.

"During the holidays, a lot of people are going straight from work to their office Christmas party," says Melanson.

"We offer a holiday hair-and-makeup special where customers can come in and have one of our senior stylists redo their hair and makeup into an evening look."

In addition to being pampered downtown, you can also get in shape and experience some culture.

Stott Pilates, near the Halifax waterfront, offers a contemporary approach to the popular exercise

method, with modern equipment and methods.

Moksha Yoga on Dresden Row uses a unique "hot yoga" system that works the muscles, detoxifies the body and calms the mind.

For a more conventional workout, Goodlife Fitness has three downtown locations: co-ed clubs at Park Lane and Scotia Square malls and a women's-only facility at Park Victoria.

Once the shopping, pampering and exercising is done, you can reward yourself with live theatre at Neptune Theatre on Argyle Street.

This holiday season, all enjoy the The Wizard of Oz on the Fountain Hall main stage until Jan. 9, as the classic Frank Baum story comes to life.

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TOM MASON
LIFE@METRONEWS.CA

When Carolyn Davis Stewart and her husband moved to a house on Harvey Street in Halifax's downtown core 15 years ago, they weren't trying to start a trend. They just liked the ambience of the neighbourhood.

"I love the location," says Davis Stewart. "There's so much going on, so much to do."

Today many more people are following suit, choosing to leave the quiet suburbs to live amid the buzz of downtown.

As a real estate agent, Davis Stewart meets many of them.

She recently finished selling out the Bishop's Landing condominium complex, a 155-unit building that was the first new residential complex on the Halifax waterfront in more than a generation when it opened a few years ago.

From its spectacular setting overlooking Halifax Harbour, the combination condominium and rental complex offers residents easy access to fitness facilities, restaurants, day spas and everything else downtown Halifax has to offer.

"It has been a very successful project," says Davis Stewart. "It's especially popular with part-time residents — people who live part of the year in Bermuda, the Caribbean, Hong Kong and Europe."

The new trend toward downtown living may be

spurred by demographics.

As people retire and become empty nesters, many of them find it more convenient to live in a neighbourhood within walking distance of major amenities and hospitals.

At the other end of the spectrum, Halifax's explosive growth over the last decade may also be encouraging younger adults to plant downtown roots.

Traffic and commuting are major issues in outlying areas, and many people don't want to spend hours fighting their way into and out of the city on their way to and from work on a regular basis.

Terry Brookbank is the manager of Spice Condos, another fairly new downtown property development that is currently sold out.

Many of her residents are young environmentally conscious people who are trying to reduce their carbon footprints.

"They don't want to own cars," says Brookbank. "Spice is attractive to those types of buyers because it has a lot of energy-efficient technology built into its design."

Advocates of downtown living are pleased that more people of all ages are calling it home.

"It's so important to get people back into the downtown core," says Davis Stewart.

"Halifax needs charisma and energy. A vibrant downtown will help make that happen."

A fresh choice for fall

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

The massive Boisset Family Estates include French producers like Bouchard Aîné & Fils, and Louis Bernard along with vineyards in California.

With such a cornucopia of wine under the wing of owner Jean-Charles Boisset, it's hard to focus on just one for this column.

The 2008 Louis Bernard Côtes du Rhône (\$11.65 – \$13.99) is a nice introduction to the Boisset group. A mix of grenache and syrah; it's a fresh, fall-like wine with oodles of red berry fruit that's a great match for late season barbecues.



A healthy snack for Santa

► Pecans and whole wheat flour make these cinnamon cookies nutritious as well as tasty

Cookies are the perfect portion-controlled treat that — when enjoyed in moderation — can be a better option than a big wedge of pie or cake.

Of course, the add-ins for a cookie can also be its nutritional downfall, so rather than chocolate chips or other candy, you might want to add ingredients, such as nuts or dried fruits.

These classic, crispy cookies are made with 100 per cent whole-wheat pastry flour and are laced with healthy, monounsaturated fat-rich pecans.

Preparation:

1 In a bowl, use an electric mixer on medium-high to beat butter, 125 ml (1/2 cup) of the granulated sugar and brown sugar until creamy. Add egg and vanilla and beat well.

2 In a medium bowl, combine flour, baking pow-

der and salt, then add to butter mixture. Beat on low speed until combined. Stir in pecans.

3 Divide dough in half and use lightly floured hands to shape each portion into a 15-cm (6-inch) log. Wrap each log in waxed paper and place in the freezer until firm, at least 1 hour.

4 Heat oven to 180 C (350 F). Unwrap dough and let stand at room temperature for 5 minutes. On a shallow plate combine remaining 50 ml (1/4 cup) granulated sugar and cinnamon. Roll logs in sugar mixture, then slice each into 24 5-mm (1/4-inch) thick cookies. Place cookies about 6 cm (2 1/2 inches) apart on ungreased baking sheets.

5 Bake, one batch at a time, until lightly



► Pecan-cinnamon wafers

browned, 10 to 12 minutes. Transfer to wire racks to cool. Makes 48 cookies.

THE ASSOCIATED PRESS

Makes 48 cookies

Ingredients:

- 125 ml (1/2 cup or 1 stick) unsalted butter
- 175 ml (3/4 cup) granulated sugar, divided
- 50 ml (1/4 cup) packed light brown sugar

- 1 large egg
- 5 ml (1 tsp) vanilla extract
- 300 ml (1 1/4 cups) whole-wheat pastry flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 250 ml (1 cup) finely chopped pecans
- 7 ml (1 1/2 tsp) cinnamon

Winnie has his own cookbook

At the New York Public Library, visitors to the Winnie-the-Pooh room are greeted by a mural of the bear and his friends sitting down to dinner.

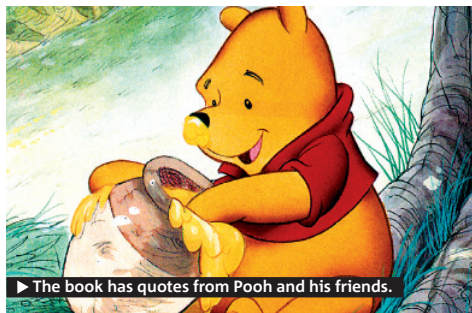
"That's the iconic image that the publisher chose to welcome people into the room," says Elizabeth Bird.

Bird is the senior children's librarian at the institution, which is also home to the Pooh stuffed animals owned by the real-life Christopher Robin.

Food and friendship have always been central to A.A. Milne's classic tales.

As a tribute to this notion, Dutton publishing has reissued Virginia Ellison's 1969 book, *The Winnie-the-Pooh Cookbook*.

Though the recipes for "smackerels," like honey toffee apples and easy honey buns, have been updated and purged of lard, the book still features original drawings by Ernest H. Shepard. THE ASSOCIATED PRESS



► The book has quotes from Pooh and his friends.

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Avoid the ugly in family loans

► Sometimes family is the only source for funds ► Put parameters on the loan so that it won't cost the relationship

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



There's good, bad and ugly debt. Borrowing for an education or a home is good debt, because you've got something to show for it and the asset will appreciate. Bad debt is credit card or credit line debt when you don't know where the money went. Family debt, all too frequently, turns into ugly debt. But sometimes, family is the only source of necessary funds. Here are four ways to make it work.

Put It On Paper

Time passes and even with the best of intentions people can forget or be confused about the terms of

41% According to a recent study, 41 per cent of adults spend as much as 10 per cent of their income providing financial support to their 23 to 28 year olds.



the loan. That won't happen if it's written up, signed, dated and a copy given to all parties. Repayment problems can still arise but at least the borrowing conditions will be indisputable.

Consider interest

Most family loans are interest free but, especially for young adults who may be first time borrowers, charging a small amount of interest teaches them what borrowing is all about.

Specify

A big irritant with family loans is when the money is borrowed for one purpose and then used for something else. For instance, if you loan money to a sibling so they can buy a car for work or purchase clothes for a new job, but instead they go on an expensive vacation, it will create bad feelings between the two of you.

Include the loan's purpose right in the lending document. You probably can't prevent the borrower

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ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

from blowing the dough but it keeps things clear.

Pay Directly

If you are contemplating lending money to a family member for a particular purpose and you're concerned the funds might get frittered away, bypass the borrower.

For example, if your grandchild needs braces, offer to pay for them directly. There may be some accusations about you being over-controlling. Stand your ground. It's your money.

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



HOW WARREN BUFFETT GOT RICH

Warren Buffett, is a billionaire because he stuck to a buy-and-hold and value investing stock purchasing strategy. He's been extremely successful at picking quality stocks that grow steadily in the long term. According to Buffett, "Only buy something that you'd be perfectly happy to hold if the market shut down for ten years."

The buy-and-hold approach to stock purchasing is fairly conservative in that the investor purchases very high-quality (non-risky) stocks and holds onto them for years. It is a long-term approach to investing and the investor makes money when the stock appreciates in value and through dividends. Because there's little trading involved, the investor doesn't hop from investment to investment, paying high fees and not realizing the stocks' full potential.

Buffett couples this with the more active and slightly less conservative value investing approach. The same principles apply, but he takes it one step further. Buffett buys quality stock that is beaten down or undervalued due

to economic conditions or short-term hiccups. According to Buffett, "Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it."

To implement this strategy, investors must first understand and pay close attention to businesses that have been hit by short-term struggles. If it appears the company can overcome its challenge (and if the research supports this), then an investor can exploit low share prices. For example, many quality companies were hit hard by the financial crisis of 2008-2009. Their share values plummeted even though their fundamental qualities and business practices didn't change. Based on the fact that the quality was still intact, value investors, jumped into the market in the trough, buying high-quality, undervalued stock, and hold and value-investing approaches conservative to moderate-risk strategies.

Visit Morningstar.com to see what people like Buffett are buying.

PLAN FOR SPONTANEITY

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My partner and I are taking our first extended vacation together — a two-week overseas trip. He's been planning every second of the

trip. I just want to explore and discover things. I'm worried this is going to cause a huge fight. Help!

Angela says...

As a planner myself, I can totally understand where he's coming from.

But my beloved is like you and wants to spontaneously discover things. So I give him that time since it's our trip and not my trip.

Is there a compromise you can reach ahead of time? I bet he'd be willing to build in cushion time around the schedule if he knew it was to enjoy gelato on a sidewalk cafe, a glass of vino in the piazza or get frisky somewhere naughty.

Derek says...

Let me ask: Who is re-

sponsible for organizing the travel brochures and booking the flights? I know if those tasks were left up to me, every vacation would consist of short-distance road trips.

So, I leave the itinerary to Angela, because a) she's organized; b) I can't be bothered; and c) I don't want to have to hear "What are we doing today?" for the entire trip.

If your partner is the driving force behind this escape from reality, give it to them.

Besides, that schedule isn't bulletproof.

If you drop a "Well, that doesn't sound terribly interesting" comment once in a while, and suggest you take a drive for the day to explore, you'll be amazed how easily you'll get what you want.

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► Tracking down paper work and records can be tricky for those looking to return to school.

HOW TO BUILD A TOOL KIT FOR GOING BACK TO SCHOOL

If you've been out of school for a while, returning to the hallowed halls of academia can create a tricky paper chase as you track down your records to show you're eligible. Experts suggest talking to the post-secondary institution to get a list of what you need.

Trevor Adams, program director for continuing education at Halifax's Saint Mary's University (SMU), says to first check that you have the appropriate prerequisite credentials to get into the program. He says you'll need to go through the requirements course by course, because even if you have the relevant undergrad degree, some courses expire after 10 years.

Students also need to have their existing official transcript sent to the new school. Even if you have a copy, it must be an institution-to-institution transac-

tion, so you'll need to contact the registrar from your former school.

"It's to help prevent things like forgery," Adams explains.

It's good to sit down with someone like Adams to see what courses you may be exempt from and to figure out what life experiences might translate into some sort of credit through a process SMU calls PLAR – prior learning assessment recognition.

Adams says students should put everything on the table. "Some universities or colleges will give you credit for life experience. If you've been a manager at a bank or whatever, there is some value in that work," he says. "Leave no stone unturned. They may assume you need to start at level zero when in fact you could be getting credit for your first year of your new program." **— JON TATTRIE**

A few tips for making it work

► Experts from across the country give second career advice



JON TATTRIE
HALIFAX@METRONEWS.CA

1. Take a personality and career test if you're not sure what you want your second career to be. University continuing education centres can help you match what you like to do with potential jobs and then find the right education to get you there.

— University of British Columbia

2. Find out what the prerequisites are for your course and make sure you have them, or experience the institute will count as equivalent, before enrolling.

— Algonquin College, Ottawa

3. Any tuition fees for courses at the post-secondary school level adding up to more than \$100 may be claimed as a credit on your personal income tax return. Talk to the Canada Revenue Agency and see how you can save money.

— University of Toronto

4. Make sure it's a commitment you can manage before you sign up. It may be appealing to do it quickly, but the reality may overwhelm you.

— Humber College, Toronto

5. Attend an information day to learn about how to apply for courses, how to finance your studies



► Setting yourself a study schedule and sticking with it helps those going back to school from scrambling.

and to get an overview of the campus.

— Douglas College, B.C.

6. Brainstorm about your life experience and write down all the courses and classes you've taken through work or in your free time. Also jot down work experience; you may be able to turn some of this into credits to save time and money.

— Saint Mary's University, Halifax

7. Check out the distance learning options. You may be able to take your

course online and at your own schedule, allowing you to study at your convenience. It also allows you to learn at your own pace.

— Mount Royal University, Alberta

8. Know exactly what your learning expectations and needs are. The more specific the student can be about what she wants out of a course, the better a university or college can find the right match.

— University of Ottawa

9. Set yourself a study schedule and keep to it. Book off regular weekly study slots so you're not always scrambling.

— Mount Saint Vincent University, Halifax

10. Use web tools to keep in touch with your classmates. Friend them on Facebook, follow them on Twitter and set up Skype study dates. That way you can create a virtual campus and help each other prepare for papers and exams.

— University of Alberta

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4
sports

Quoted



"Because of the new (Canadian Interuniversity Sport) rules where you have seven years to play five (university seasons) out of high school, he may now not have a year (of eligibility left). There are some technicalities we have to explore through the CIS but at this point, we're going to have to err on the side of caution and think he's not back."

SAINT MARY'S HUSKIES FOOTBALL HEAD COACH STEVE SUMARAH, ON HIS STARTING QUARTERBACK, MICAH BROWN, WHO HAS PLAYED FOUR YEARS OF UNIVERSITY FOOTBALL AT VARIOUS LEVELS BUT IS NOT EXPECTED TO BE ELIGIBLE TO RETURN IN 2011.



Scan code for sports

► Six-foot-seven journeyman trying out for Rainmen
► Roberson brings wealth of experience, having played in NBA, as well as in Europe and Middle East



► Training camp tryout Terrance Roberson has a laugh while shooting some baskets at The Tower yesterday during the Halifax Rainmen's media day.

RYAN TAPLIN/METRO

No contract, no problem for Rainmen

The majority of players at Halifax Rainmen training camp are without contracts — and that's by design.

The Rainmen, who open camp in Moncton today with just four of 16 players under contract, took this approach to prevent complacency from setting in.

"When you have to compete for a job, you stay busy in the summer, you work out and get ready for camp," Rainmen owner Andre Levingston said.

Levingston said he could already see a difference at media day at The Tower yesterday.

"We have guys who are in better shape than year's past, guys who are shooting the ball better, and guys who are athletic," he said. "I think it's going to work in our favour."

Camp runs until Nov. 28.

● MATTHEW WUEST

METRO FILE



► Andre Levingston

Roberson brings his smile to Halifax



MATTHEW WUEST
@METRONEWS.CA

Terrance Roberson's voice echoed through The Tower yesterday as the Halifax Rainmen hit the court for the first time this season.

"I remember them days," the 33-year-old hollered at teammate Eric Crookshank, who had just soared to the rafters for a two-handed alley-oop dunk.

"Them was the days, right there."

"Out of bounds," he shouted to another teammate, whose foot grazed the line during a three-man weave. "Ref's sendin' you back the other way."

Throughout the Rainmen's annual media day, the veteran pro, who once suited up in the NBA with the Charlotte Hornets, wore a contagious smile

"I've been workin' my butt off to come in, be in shape and do the things (owner) Andre (Levingston) wants me to do."

TERRANCE ROBERSION, WHO IS TRYING OUT FOR A SPOT WITH THE RAINMEN

that he says won't be going anywhere for as long as he's in town.

His vocal approach and ability to entertain bring back memories of the late John Strickland, a former Rainmen fan favourite who died last month.

"Mister Strickland, rest

in peace, if you've ever seen him play, you know he do a lot of talkin' on the floor ... and that's me. That's me," Roberson said. "Players from Michigan, we do a lot of talkin', a lot of smilin', and that's gonna be my game."

The six-foot-seven

Roberson hails from Saginaw, Mich., and starred at Fresno State from 1996 to 2000. After his three-game NBA stint in 2000, he went to Europe to play in Italy, Turkey, Israel, Ukraine, Finland and Romania.

"The list goes on," he said with a smile. "It just feels good to be back. I don't have to use calling cards to call my family anymore."

Roberson said he can still play, and his numbers last season back that up. He averaged 14.7 points per game on 24-of-62 three-point shooting with CSU Sibiu in Romania.

"I might not be the high flier I was, but two points is two points and I got me a jumpshot now, which I didn't have back in high school," he said. "Fans can expect me to give it my all each night and bring excitement."

Roster

Halifax Rainmen roster for training camp starting today in Moncton (x denotes player signed to contract; y- had not arrived as of yesterday):

Name	Pos	Ht
x-Brown, Taliek	PG	6-1
x-Crookshank, Eric	PF	6-8
Diamond, Larry	G	6-1
x-Ferguson, Desmond	SF	6-7
Gordon, O'Neil	G	6-5
Humphrey, Quin	SF	6-4
Jackson, Troy	G	6-4
y-Jones, Karon	F	N/A
Mercer, Mike	G	6-4
Mulligan, Peter	F	6-6
y-Powell, Damon	SF	6-6
Norris, Devon	G	6-3
Roberson, Terrance	SF	6-7
x-Spears, Aaron	C	6-10
Tribbett, Kenny	C	6-9
Welsh, Stefan	G	6-3

CORRECTION

► Saint Mary's Huskies football linebacker Ryan King was incorrectly identified as his brother, defensive back Neil King, in Monday's Metro. Ryan's quotes were incorrectly attributed to Neil.

Canuck captures NL MVP award

► Cincinnati Reds first baseman Joey Votto named league's top player

Joey Votto became the third Canadian player to win one of baseball's most valuable player awards by claiming the National League honours yesterday in a near unanimous vote over Albert Pujols.

The Cincinnati Reds first baseman from Toronto received 31 of the 32 first-place votes for 443 points, crushing the St. Louis Cardinals first baseman, who picked up the other first-place vote and finished with 279 points. Carlos Gonzalez of the Colorado Rockies was third with 240 points in balloting by the Baseball Writers' Association of America.

"I didn't think it would be so conclusive," Votto said of his victory margin.

Votto and Larry Walker (1997) are the only Canadians to win the National League award. Justin Morneau won the American League prize in 2006. "There's something about having guys who have achieved before you that sets a bar you want to reach to," said Votto. "Larry was that for a lot of younger players and, hopefully, I can play a little bit of that role, especially in the Toronto area, where ... we don't have a ton of talent coming up to the major league level.

"Maybe I can be a part

37

Votto batted .324 with 37 homers, 113 RBIs and 106 runs scored in leading the Reds to their first NL Central title since 1995.

of that in some way by letting people know that you can do it, you can get here."

The American League MVP will be revealed today.

Votto's remarkable season followed a 2009 campaign that was interrupted by a bout of severe anxiety and depression issues. One panic attack was so bad he called 911 at three or four in the morning and was taken to hospital because, "it got to the point where I thought I was going to die."

"It was a very, very scary and crazy night," Votto recalled on June 23, 2009, when he came off the disabled list and rejoined the Reds. "It was probably the scariest moment I had ever dealt with in my life."

The Reds wisely provided Votto with time off to deal with his problems and he missed about a month. He finished 2009 strong with a .322 batting average, 25 homers and 84 RBIs. **THE CANADIAN PRESS**



► Joey Votto was elected the National League's most valuable player yesterday, ending the two-year reign of Albert Pujols.

Future unclear for Richards

Brad Richards has made it clear that his focus remains with the Dallas Stars. But he couldn't avoid looking ahead to an uncertain future during a rare visit to Toronto.

The veteran centre from Murray Harbour, P.E.I., has found his name attached to trade rumours because he's earning \$7.8 million US in the final year of his contract and the team's uncertain ownership situation has kept the sides from negotiating an extension.

There has been some speculation that the Leafs have interest in Richards, who holds a no-movement clause and seems open to the idea of playing in Canada.

"When the time comes, if that's an option, Toronto's always a No. 1 hockey destination," Richards said before last night's game. "It would be great being a Canadian playing in Toronto, but we're not even close to that bridge yet. And like I said, I'm focused here."

THE CANADIAN PRESS



For November 22nd

- 9 Rihanna ft Drake - What's My Name
- 8 Fefe Dobson - Stuttering
- 7 Will.I.Am ft Nicki Minaj - Check It Out
- 6 Far East Movement ft The Cataracs - Like A G6
- 5 Ke\$ha - We R Who We R
- 4 Pink - Raise Your Glass
- 3 Down With Webster - Whoa Is Me
- 2 Katy Perry - Firework
- 1 Eminem ft Lil Wayne - No Love

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Sports in brief



Pacquiao done in three years?

BOXING. His status as a great fighter secure following his latest victory, Manny Pacquiao plans to leave boxing in three years.

Pacquiao turns 32 next month and was asked at a news conference when he intends to retire.

"Not too long from now," he said. "But I don't want to go beyond 35." **THE ASSOCIATED PRESS**

Vikings give coach the shove

NFL. The Minnesota Vikings fired Brad Childress yesterday, cutting ties with a head coach who had come under increasing fire from his players for everything from their horrid start to his 1-2 playoff record and his abrupt decisions.

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Crossword

Across

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5 Flaccid
9 That woman
12 Sandwich cookie
13 Declare
14 Massachusetts cape
15 Football interplay
17 Carpet
18 Horse of another color?
19 At that point
21 Bewildered
24 Cat call
25 Spiked club
26 Not rigid
30 Blunder
31 French seaport
32 Atmosphere
33 Brownish songbirds
35 Dog bane?
36 Squad
37 Decorates unnecessarily
38 Desert plants
40 St. Vincent Millay
42 "This tastes awful!"
43 Acquired however possible
48 Sheltered side
49 Grand tale
50 Give a darn
51 1960s hallucinogen
52 Cold and clammy
53 Paradise
Down
1 Romaine lettuce
2 Curved line
3 Apiece
4 Evening get-

together

5 Dalai
6 Terrible guy?
7 "Family Guy" daughter
8 Alleged purpose
9 Nut
10 Session with a shrink
11 Advantage
16 Extinct kin of the kiwi
20 polloi
21 Iowa city
22 Bank bailout
23 Relieved an itch
24 Disarray

26 Gift-tag preposition
27 Kareem, long ago
28 Told a whopper
29 Geological periods
31 Cooked slowly in a closed pot
34 On pension (Abbr.)
35 Husband-to-be
37 Wildebeest
38 Select from a group
39 Census statistics
40 Ireland
41 Wharf structure
44 Bookkeeper (Abbr.)

br.)
45 Wander about
46 Before

47 Laird

► Yesterday's answer

A N T E J A W T R O T
R E I N S U R E O A T H
C O M M U N A L U N T O
E D O C A P T O R
F L O S S B O R E
R A S H C O M M E N T
O I L A L O E S O O H
C O M M A N D D I M E
E A V E D E R B Y
A L U M N I E E L
M E S O C O M M U T E R
A V E R L E M O N A D E
T I D Y E R I A E X I C I O

Sudoku

		6		1			9	
						7		
1	4	2	8	7				5
2		5	3			1		
				5				
		3			6	2		8
3				8	1	6	2	7
		8						
5				3		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

3	2	5	9	6	4	7	8	1
8	1	9	2	7	3	4	6	5
4	7	6	8	5	1	9	2	3
7	9	3	6	1	8	5	4	2
2	8	4	3	9	5	1	7	6
6	5	1	4	2	7	8	3	9
1	6	2	7	8	9	3	5	4
5	4	7	1	3	6	2	9	8
9	3	8	5	4	2	6	1	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Boo, Sorry I have to be away again and the week long trips are the worst. I miss you so much and can't wait to come home and snuggle.

LOVE YOUR BEAR

Glenna, I love you with all of my heart and I want to spend the rest of my life with you. You are the most beautiful person on the planet and I miss your card tricks by the way!

LOVE, JOEL XXXXXX

gorde, I want to wish you a very happy birthday and promise this year will be better than the last.

XTASYC

Samantha babe, you are the most amazing person I've ever met. words cant describe my love for you. i love you, and i always will no matter what. cant wait for the months ahead!

WITH LOTS OF LOVE - AARON

Today's horoscope

♈ Aires March 21-April 20 You may have to work twice as hard tomorrow to catch up on the things you should do today, but that's okay. If you're not in the mood to push yourself why force it?

♉ Taurus April 23-May 21 Are you getting something back for the time and energy you are putting in to solving other people's problems? If not, you might like to reconsider your decision to help them.

♊ Gemini May 22-June 21 You don't need to tear everything down and start again. There is precious little wrong with your life as it is, despite what some people may be trying to tell you. Listen to their advice, but feel free to ignore it.

♋ Cancer June 22-July 22 It may seem as if your progress on the work front is limited, but it won't be long before you get some clear signs that you are on the verge of a breakthrough.

♌ Leo July 23-Aug. 23 You seem to be having some heavy thoughts today. Most likely it's just the hangover from the party life you indulged in over the weekend finally catching up with you. You can't escape it forever, you know.

♍ Virgo Aug. 24-Sept. 22 You may be the victim of a whispering campaign, but there is no reason to get worked. Most likely it is one disgruntled person stirring things up. Every one else still likes you.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Saturn in your sign makes it difficult for you to understand why people act in certain ways, but there's no point getting annoyed because you won't change them.

♏ Scorpio Oct. 24-Nov. 22 You are at the halfway point of a project and must see it through. If you give up now, you will look back and wonder what might have been. Find that Scorpio staying power.

♐ Sagittarius Nov. 23-Dec. 21 The Sun's move into your sign has filled your head with seriously big plans but don't just throw yourself at them without any thought—that's inviting disappointment. Take your time and get it right.

♑ Capricorn Dec. 22-Jan. 20 Some unfortunate person is going to be on the receiving end of your sharp tongue today. Once you've let off steam make a point of making up again. You need each other.

♒ Aquarius Jan. 21-Feb. 18 Don't take anything too seriously today. Getting worked up about this or that injustice won't make things better. Stay calm and find practical ways to help. It's what you're good at.

♓ Pisces Feb. 19-March 20 You want to help people who are struggling but you also want them to learn to help themselves, so a balance will be necessary. The real effort must come from them.

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Caption contest



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Write a funny caption for the image to the right and send it to metronews.ca — the winning caption will be published in tomorrow's Metro.



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News worth sharing.

Deals of the week

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 3 1/2 ★

All-Inclusive • Standard rm.
Feb. 23 - Mar. 9 • 1 wk.


\$1059
+Taxes & other fees: \$151

Samana

Bahia Samana Roulette • 4 ★

All-Inclusive
Run of the House
Mar. 3 - 24 • 1 wk.

\$1229
+Taxes & other fees: \$151

Gran Bahia Principe El Portillo • 4 1/2 ★

All-Inclusive • Standard rm.
Feb. 17 & 24 • 1 wk.


\$1319
+Taxes & other fees: \$151

CUBA

Holguin

Sirenis Playa Turquesa • 4 ★

All-Inclusive • Superior rm.
Mar. 19 - Apr. 16 • 1 wk.

\$1099
+Taxes & other fees: \$154

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.
Feb. 11, 25 & Mar. 4 • 1 wk.

\$1199
+Taxes & other fees: \$154

Cayo Coco/Cayo Guillermo

TRYP Cayo Coco • 4 ★

All-Inclusive • Standard rm.
Feb. 12, 26 & Mar. 5 • 1 wk.

\$1199
+Taxes & other fees: \$154

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.
Feb. 27 • 1 wk.


\$1299
+Taxes & other fees: \$246

Puerto Vallarta/ Riviera Nayarit via Toronto

Golden Crown Paradise • 4 ★

All-Inclusive • Oceanview rm.
Dec. 21 • 1 wk.

\$1679
+Taxes & other fees: \$293

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Feb. 7, 14 & 28 • 1 wk.


\$1599
+Taxes & other fees: \$98

USA

New York City

Wyndham Garden Hotel Times Square South • 3 1/2 ★

Double one-bed rm.
Jan. 10 - 31 • 3 nts.

\$599
+Taxes & other fees: \$125

Orlando via Montreal

Clarion Hotel Maingate • 2 1/2 ★

Standard rm.
Jan. 11 • 1 wk.

\$679
+Taxes & other fees: \$126

CRUISE

Royal Caribbean International¹ Serenade of the Seas[®]

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. M
Mar. 19 • 1 wk.

\$1239
+Taxes & other fees: \$137



Iberostar Rose Hall Beach

IBEROSTAR HOTELS & RESORTS

MEXICO

Cozumel via Toronto

Iberostar Cozumel • 4 ★

All-Inclusive • Hotel rm.
Jan. 22 • 1 wk.

\$1089
+Taxes & other fees: \$272

JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★

All-Inclusive
Standard garden view rm.
Feb. 7, 14 & 28 • 1 wk.

\$1599
+Taxes & other fees: \$98



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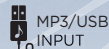


0% FINANCING FOR UP TO 84 MOS.**

HUGE CASH SAVINGS*

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2011 KIA RIO

Rio EX shown



WAS ~~\$15,995~~

2011 KIA SOUL

Soul 4u shown

OWN IT FROM
\$84* BI-WEEKLY FOR 60 MONTHS
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\$4,351 REMAINING BALANCE

AT **0% \$0 +** LOAN APR DOWN PAYMENT

EVERYBODY WINS \$500 UP TO \$10,000* AND **DON'T PAY UNTIL SPRING***

HWY: 5.8L/100KM (40 MPG)
CITY: 7.1L/100KM (33 MPG)

60/40 SPLIT REAR FOLDING SEATS

6 WAY DRIVER'S SEAT

CASH PURCHASE PRICE FROM
\$13,995† NOW GET UP TO **\$2,000** IN CASH SAVINGS + **EVERYBODY WINS \$500 UP TO \$10,000***

HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)

HEATED FRONT SEATS

STEERING WHEEL AUDIO CONTROLS



ALL-NEW 2011 KIA SPORTAGE

Sportage EX luxury shown



2011 KIA SORENTO

Sorento EX-V6 luxury shown



WAS ~~\$23,995~~

OWN IT FROM
\$154* BI-WEEKLY FOR 60 MONTHS
AMORTIZED OVER 84 MONTHS
\$7,626 REMAINING BALANCE

AT **4.9% \$0 +** LOAN APR DOWN PAYMENT

EVERYBODY WINS \$500 UP TO \$10,000* AND **DON'T PAY UNTIL SPRING***

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

HEATED FRONT SEATS
 AIR CONDITIONING

ELECTRONIC STABILITY CONTROL
 ALL-WHEEL DRIVE AVAILABLE

CASH PURCHASE PRICE FROM
\$19,895† NOW GET UP TO **\$4,100** IN CASH SAVINGS + **EVERYBODY WINS \$500 UP TO \$10,000***

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

AVAILABLE COMPETITIVE BONUS **\$1,000***
 HEATED FRONT SEATS
 AIR CONDITIONING

ELECTRONIC STABILITY CONTROL
 ALL-WHEEL DRIVE AVAILABLE



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